



Sicilian Chicken

Makes 4 servings

Ingredients

4 boneless skinless chicken breast halves
1 teaspoon Italian herb seasoning
1 tablespoon olive oil
1 onion - chopped

1 pound recipe-ready crushed tomatoes
½ teaspoon cinnamon
1 tablespoon honey
2 tablespoons red wine vinegar

Instructions

1. Season chicken with half the Italian herbs and salt and pepper to taste.
2. Heat oil in a heavy nonstick skillet over medium-high heat. Sauté chicken 2-3 minutes, until browned on bottom. Turn over and stir in onion and remaining Italian seasoning.
3. Cook 2 minutes and stir in remaining ingredients. Bring to a boil. Cover skillet, reduce heat to medium-low and cook 6-8 minutes, until chicken is cooked through.

Nutrition Facts

Serving size: 1 chicken breast; calories per serving: 287; total fat: 6g; saturated fat: 3g; cholesterol: 106mg; sodium: 288mg; carbohydrates: 14g; fiber: 2g; sugar: 10g; protein: 44g

Source: www.healthdiscovery.net

